

This magazine is packed
full of good ideas to
inspire, support and
challenge you to be the
best you can be!

Issue 38: Friday 25 February 2022

High Five

Primary
Behaviour
Support &
Provisions 



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Inspire...

First we try to find ways to make you want to be the best you can be



Challenge...

You want to be the best you can be and you know we are there to help so now we ask you to take risks and try new and tricky things



Support...

When you want to be the best you can be we try to help you as you learn and grow

Welcome to High Five!

Welcome back to High Five. This issue is all about things which help us to 'Be Happy.' Sometimes we can feel a bit tired and sad in February, as the excitement of Christmas is over and we wait for the bright colours of Spring to come. That means it's a great time to think about the things which boost our mood and make us feel happy. In this issue, Castledawson Primary School share lots of great ideas for how to 'Be Happy' and help others to feel happy too.



Remember all of our activities are based on the Take 5 model developed by the Public Health Agency (PHA). You have heard about how important it is to take at least 5 portions of fruit and vegetables a day for your physical health. Take 5 gives us 5 good ideas to help with our emotional and mental health.

More information about Take 5 is available at <https://www.mindingyourhead.info/take-5-steps-wellbeing>.

We hope you have fun trying out these good ideas - let us know how you get on at primarybsp.enquiries@eani.org.uk

Put High Five in the subject line and **make sure you ask an adult before emailing - they'll need to tell us if it's ok to share your pictures and stories on our website and social media platforms.**

A great way to boost your mood is by listening to your favourite songs! Think about which songs make you feel happy when you listen to them. You could make a class playlist and play it when you all need a little boost of happiness! Click here for a happy song to get you started!



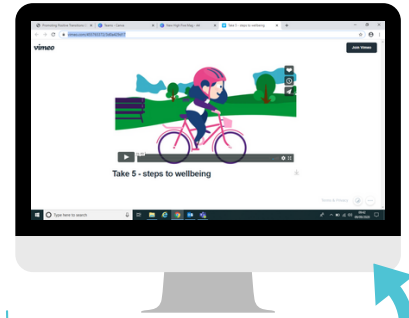
Take5

steps to wellbeing



Be Active

Play, join a team sport, walk, cycle, run around. Being active helps us keep fit and also makes us feel good.



Watch a short video about Take5 here



Connect

Have fun with friends, talk with family, help out at home, share your feelings. Being connected makes us feel loved.



Take Notice

Watch and listen to what's going on around you, changing seasons, bugs, birds, flowers and rainbows. Take notice of how you feel.

Give



Do something nice for a friend or family member, share, smile. Give to yourself - play, be creative, use your imagination, draw, paint, dance, dream. When we give to ourselves or others it makes us feel happy.



Keep Learning

Read for fun, learn how to do something new, try your best. Set a challenge you will enjoy. Learning new things makes us feel proud as well as being fun to do.

Be Happy



When we feel happy we look for the positives and appreciate the little things both at home and in school. Feeling happy is also good for our emotional health and wellbeing. Here are some things that might make you feel happy...

At Home...



Play with your pet



Spend time with family



Dance and be silly



At School...



Smile & laugh with others



Think happy thoughts



Cheer your friends up if they are missing home



We all have our own special things which make us feel happy. These are some of the things which make the P6/7 pupils at Castledawson Primary smile - maybe some are the same for you...

Playing on my gymnastic bars - Emily

Having a movie night with my family - Robin

Spending time playing with my pet rabbit - Kenzie

Playing football - Finn

Playing my PS4 - Lee

When I get home from school and my dog is waiting for me - Jake

What are the special things that make you and your friends feel happy?



Be Happy

My Happy Place

A happy place is somewhere you feel safe and calm. It could be somewhere you have been before, somewhere you go often or a place you have created in your imagination! We might not be able to be in our happy place all the time, but we can go there in our thoughts when we are feeling sad or worried. The pupils at Castledawson Primary have been thinking about the place where they feel the most happy:



My home because I feel safe there - Rory

My auntie's house to see my cousins and their dog - Alfie

My bedroom because I like to draw and paint there and I like to have time to myself - Alicia



The cinema because all of my family enjoy movies - Thomas

My garden because that is where I can play with my brother and sister and we have good fun together there - Maria

Home because it is warm and I like to spend time with my dog and my family - Karis



You could draw a picture of your own happy place. If you're feeling sad, it might help to look back at your drawing to remind you of your happy place or you could try closing your eyes and imagining that you there.

Brilliant Buddies

Having good friendships is important for our wellbeing, and knowing that we are loved and cared for by others makes us feel happy. Friends can make us laugh, give us advice and help us with things that we find tricky. The P5/6 pupils at Castledawson Primary have been thinking about friendship and how they can be a good friend to others. They read the book 'Will You Be My Friend?' by Molly Potter, and discussed what friendship is and what they could do if they have a disagreement with a friend.



Friendship Potion

- A happy smile
- Helping hands
- A splash of laughter
- A kind heart

What do you think makes a good friend? You could write your own 'Friendship Potion' and share your ideas at primarybsp.enquiries@eani.org.uk



We all feel happier when everyone is included! The Buddy Bench is somewhere to go if you are feeling sad in the playground. If someone is sitting on the Buddy Bench, their friends will come and try to cheer them up or ask them to play. The Playground Pals at Castledawson Primary help to make sure that the playground is a happy and fun place for everyone as they look out for anyone feeling sad and help them find a way to feel better.

The P6/7 pupils were thinking about the people in their lives who make them smile. Some of their answers were:

My great auntie and uncle because they are always bubbly and positive and that makes me happy
- Evie

My friends because they always know how to put a smile on my face - Sophie

My cousin because she randomly bursts into song - Gabriella



Who makes you feel happy?



Shared Lego Games

Building Self-Confidence

Each pupil builds a tower from Lego bricks and for each brick in their tower they say one thing that they are good at. If it's tricky to think of something good, the adults and other pupils help by suggesting something good that they have noticed about them. Being reminded of all the things that make us special helps us to feel good about ourselves and puts a huge smile on our faces!



Builder and Architect

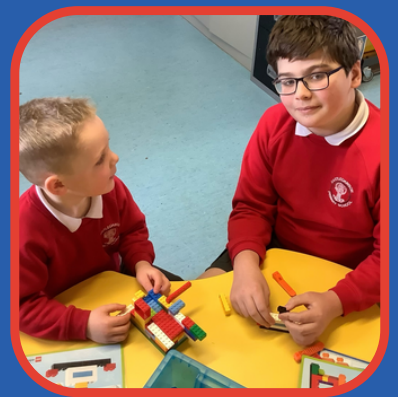
This game helps us to practise lots of useful skills like good listening, giving clear instructions, patience and team work!

You will need:

- Two sets of matching Lego pieces (around 8-10 pieces each)
- Someone to be the architect
- Someone to be the builder

What to do:

1. The architect has one minute to build something with their Lego pieces - they don't have to use all of the pieces. Their creation should be hidden from the builder at all times!
2. Next, the architect gives step-by-step instructions to help the builder make a copy of their creation. They can describe the colour, number of dots on the brick and where the brick should go.
3. At the end, the builder and architect compare their creations to see how closely they match.



Some of our happiest memories are times when we connect with other people.
The P6/7 pupils noticed this when they shared their own happy moments:

Sophie felt happy when she got to see her friend Abbie again after she had spent two years in America.

Cerys' happy memory was when she went to Splash Waterpark and her mum screamed the whole way to the inflatable because the water was so cold.

Lucas felt happy when he got his new phone because it meant he could message and call his granny

Take Notice

QR Code Trail

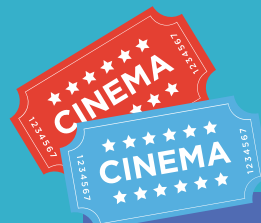
'We had a lovely Feel Good Friday celebrating being happy and promoting positive mental health by remembering that we are loved! Our day began with a Valentine's Trail organised by our Take 5 Champions. We completed the trail in groups and took turns to scan the QR codes to see the clues and work out the hidden message.'



This is a QR code, we used iPads to scan the codes which our Take 5 Champions had hidden around our school grounds. We worked together to find the hidden message, "GOD LOVES YOU!"



'These are our school's Take 5 Champions. They encourage us to look after our wellbeing by planning fun activities linked to each step of the Take 5.'



'After completing the trail, we were all excited to share a Valentine's lunch and a movie before home time!'



Take Notice

Mindful Moment - Birdsong

Sometimes we need to do something that gives our mind a rest. Next time you are in nature and can hear the birds singing, you could try to listen for all the different sounds that you can hear. By focusing on what you can hear right now, you are helping your mind to take a break. This is called a mindful moment.

Listen for the
noisiest
birds first...

Can you
hear any birds
moving in the
trees?

Then listen for
any birds
chirping in the
distance...

Click here to
try out the RSPB
Birdsong Identifier
to find out which
birds you can
hear.



The pupils at Castledawson Primary love to get outdoors and take notice of the wonderful world around them. Here they are taking part in the RSPB Big Garden Bird Watch. They filled up their bird feeders in preparation, got out their binoculars and clipboards, and even 'camped out' to see how many types of birds they could spot!



Take Notice



Interviews with People who Help Us.

Tell us a little about your job

I am an Educational Psychologist. My job involves working alongside pupils, parents, schools and other services to try to ensure that all children and young people have full access to the potential benefits of their school experiences.



What is your favourite part of your job?

My favourite part of my job is the privilege of meeting lots of different people and having the opportunity to make their experiences a bit less difficult.

How do you like to Take 5 at the weekends?

Be Active

Sometimes I just like to put on some music and dance in the kitchen, other than this I have a pretty active life just doing the day to day necessities and getting out with my children.

Keep Learning

I love to pick new recipes and spend some time in the kitchen creating new dishes for my family to enjoy

Give

I like to spend time doing things for my extended family and helping others where I can.

Connect



I have five children all at different ages and stages, I love to spend time doing activities they enjoy, even if it's just going for an ice cream, having a movie night or creating their own pizzas.

Take Notice



I love spending time outdoors, sometimes just the garden but my favourite is the beach or a forest. I also just love watching the sun rise and set, spotting a rainbow, listening to birds singing or splashing in puddles with my 4 year old.



Be Active



Move It Monday

When we exercise our bodies release a special 'feel-good' chemical called endorphins. This means that moving your body is a great way to boost your mood and feel happy. The pupils of Castledawson Primary were staying active on Move it Monday by trying out different obstacle courses. They took turns, cheered each other on and thought of ways to challenge themselves by making small changes to the obstacle course.

You could try to design your own obstacle course with help from an adult at home or in school. You will need to think about the equipment you have and plan how the course will look.



The Walking Bus

'Getting fresh air and being active helps us to be happy. We have lots of after school clubs designed to keep us moving and we do the Daily Mile together everyday.

We are also a Silver Award Active Travel School which means being active is a daily goal for us. We love making a 'Walking Bus' which is a big group of pupils and teachers walking to school together. We walk through the town and our friends join us along to way. Sometimes we even bring our bikes or scooters! We do challenges throughout the year like March Into March, Journey to Santa and Jog Into June to make walking to school fun!'



The Happy Hormones

Did you know that science can help us understand what is happening when we are in a good mood? Our bodies produce something called hormones and four of these make us feel great! The good news is that there are things we can do to help our bodies produce these- so we can help ourselves feel happy!



Endorphins

Our bodies produce endorphins when we exercise and when we laugh! Endorphins help us to feel less anxious or worried.



Serotonin

Our bodies produce serotonin when we remember how we have been helpful or things we have achieved. It is also produced when we spend time outside in the sun. Serotonin helps us to feel important and valued.



Oxytocin

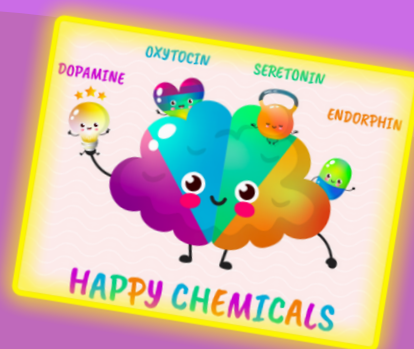
Our bodies produce oxytocin when we have a hug or do something fun with another person! Oxytocin helps us feel content, calm and safe.



Dopamine

Our bodies produce dopamine when we finish a task or learn something new- especially if it was tricky. Dopamine helps us feel ready to do a job and helps us feel good when it is finished.

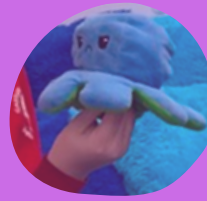
Click here for more
ideas on boosting your
'Happy Hormones'



Keep Learning

Feelings Check-In

Learning how to notice and talk about how we are feeling can help us to share our happiness with others and ask for help when things are hard.



At Castledawson Primary, everyone shares how they are feeling everyday. Each pupil uses a feelings thermometer or 'Happy Flappy' the octopus to share how they feel which means that if they are feeling sad, their teacher and friends will know and help them to feel better.



Top Tips For Happiness

During Circle Time, the P5-7 pupils have been talking about how to promote wellbeing and positive thinking. They shared their advice on how we can help ourselves feel happier and even made brilliant posters using PicCollage to share their ideas. Here are their Top 10 Tips:

1. Get enough sleep
2. Do some mindful colouring
3. Go out for a walk and get fresh air
4. Listen to music that makes you feel calm or happy
5. Try something new
6. Share a joke with a friend
7. Appreciate nature like listening to the birds
8. Watch a good movie
9. Spend time with friends
10. Share kindness with others. You could give a compliment.



What would you add to the list to share a little happiness?



Be A Bucket Filler

'In our school, we encourage everyone to take notice of others and their feelings. For us, having a happy school is our ultimate aim. A few years ago, we introduced the Bucket Philosophy. This philosophy sees everyone's heart as a bucket. It is an invisible bucket but everyone has one. Every day, throughout the day, we all try to fill each other's buckets. We do this with nice words and kind acts. The goal is to fill buckets, not dip from them. Bucket-dipping is when we say or do anything that takes away from someone's happiness and self-worth.'



Every class has a bucket board and each week we exchange bucket filling notes which might be a compliment, a kind word or a wee picture for someone. Everyone gets one. We have bucket filling assemblies and stories, and we link this philosophy into daily behaviours and our school values.'



Staff also participate in bucket filling by exchanging notes of kind words and encouragement on the staff bucket board!

You can be a bucket filler by...

Helping others

Asking if
someone
is ok

Including everyone

**Saying
'thank you'**

Giving someone a compliment

Sharing a smile



Click here to listen to the story *Have You Filled A Bucket Today?* by Carol McCloud

When your bucket is filled or you fill another's bucket, it spreads positivity! People feel more confident, respected and valued. Can you think of three ways that you could spread positivity and happiness by filling someone else's bucket this week?

Give



Valentine's Cards

The pupils at Castledawson PS celebrated Valentine's Day by making cards for their friends. They wanted make them happy by showing how much they care about them. Being creative and making something special for someone else is a great way to feel happy and spread happiness to others. We think the finished products look fantastic!



'We enjoyed making cards for our friends to let them know how much we love and care about them!'

Staff Spotlight



It's so important that the adults in school feel supported and valued too. The staff at Castledawson P.S. enjoyed this lovely treat together to celebrate Friendship February!

A lot of things make me happy but I realise the older I get, it's the simple things that make me the happiest. Hearing children laugh, seeing kindness in others, spending time with those I love...they are all happy moments for me. I also have many happy places but for me my happy place is home as it holds so many dear memories for me (even from childhood) and also going for a walk on Portstewart beach. I love the outdoors and the beach always makes me feel better.

My happiness is without a doubt linked to my faith. Knowing that regardless of what each day brings for me, God has it covered. That faith in Him and His promises helps me to find the joy in every day.

Marina McCusker (Principal and Take 5 Champion)

A time I felt happy was when some of my children told me funny stories and filled each other with joy and laughter. It made me happy when they found enjoyment in making others smile.

Rachel Glendinning (P2/3 Teacher)



At School...

I feel happy every time I share music and dance as a daily brain break with the class.

At Home...

I felt happy bringing our new pup home to join our family.

Sharon Evans (P1/2 Teacher)

Ultimately the people in my life are the focus of my happiness. My children make me smile everyday through the things they say and do and by watching them grow up to be their own little people. I love to watch them discover new things and to learn new skills, to achieve things that they have worked hard for and to build themselves up to keep going after a setback or disappointment as that shows that they are building resilience which is so important for wellbeing and for coping with the difficulties that life can bring.

My friends make me smile through their support and love for me. I am fortunate to have great friends who I have known since I was at school.

Friendship is a big focus in my class PDMU as we explore the qualities of friends, how to communicate with friends, how to deal with friendship fallouts and difficulties etc. Good friendships have brought lots of smiles, happiness and comfort to me and I would hope to be able to encourage and support the children in my class to develop and maintain meaningful friendships now and beyond primary school.

My work friends and colleagues make me smile often. I am glad to be part of a team who consciously strive to make each other smile. By filling each other's buckets, having special breaks and celebrating special events together we have a sense of togetherness, respect and support. We spend so much of our time at work and with our colleagues so happiness here is so important to our overall sense of happiness and wellbeing.

Jacqui Nelson (P6/7 Teacher)

Staff Spotlight

Apart from the day I got married, obviously, my happiest moment was the first day I took out my paddle board. I wanted a new challenge and I knew it wouldn't be easy. The first time I was able to stand on the board and paddle for more than twenty seconds was a happy moment of mine! Yes, I cheered so loudly which made me fall right off the board but the confidence it gave me made me want to keep going and now it is one of my favourite hobbies. Taking a rest on the board on the water at West Strand, Portrush, I could hear heavy breathing which couldn't have been any human as it was just myself and my husband out paddle boarding. We sat silently, and eventually a dolphin surfaced!! This just added to the happy moment of persevering with paddle boarding!

Rebecca Crooks (P3/4 Teacher)



The staff I work with bring me so much happiness daily. A simple smile in the corridor can change my day in an instant. Just knowing that I am surrounded by people that support me, gives me great happiness and contentment in my role. Staff in CPS, send each other bucket filling notes and reading them always fill my heart with happiness. It's the smallest things as that mean so much and I treasure each and every word.



The children in CPS bring me so much joy and happiness. I love to see their wee smiling faces daily, during all aspects of school life. Whether it be playing with their friends, joining in our school song or getting excited when they meet new achievements and learn new things. CPS is a family and we very much thrive on the happiness of our children, they are our centre and our focus and when they are happy, we are happy. Seeing their smiles make everything worthwhile. I am so blessed to be a part of a school family that care and where the happiness of everyone matters.

Stephanie Hammond (Classroom Assistant and Take 5 Champion)

Something that makes me smile... I would have to say that our residential trip to Shannaghmore is the thing that makes me smile the most. I love seeing the children out of the school setting and having fun along with staff. I also enjoy how they love seeing us staff members out of our comfort zone and more relaxed. We always have so much fun together laughing and joking and I look forward to it every year.



Lucy Bradford (Classroom Assistant and Take 5 Champion)

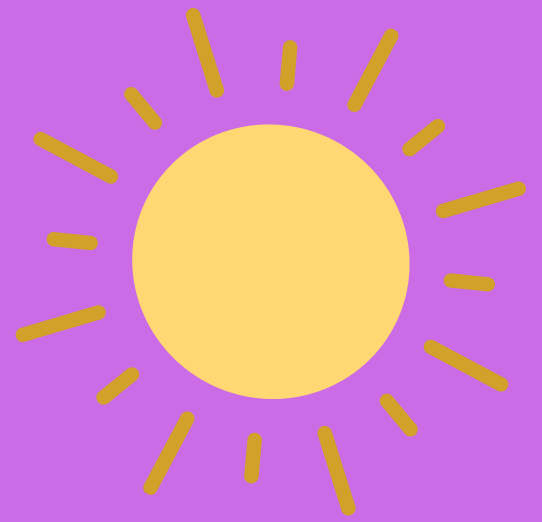


'As a Take 5 school we have a focus for every month to promote positive wellbeing among the adults. Above is our Give Thanks board where staffed pinned things that they are grateful for'

September: Self-Care
October: Bucket filling
November: Random act of kindness
December: Show appreciation within your classroom
January: Give thanks board in staffroom
February: Encouragement board in staffroom
March: Motivate month
April: Try something new and share

Be Happy

The pupils in Seaview IPS wrote some poems which explored how they deal with stress and their favourite strategies to make themselves happy. They kindly shared these poems with us at primarybsp.enquiries@eani.org.uk.



I was in school for a long time.
I come home and I felt fuzzy.
So I listened to some relaxing music.
Then my mind was calm.
I like playing the guitar.
If you would like to join my band.
We could strum our worries away.

By Oscar Urwin
Age 8



On the Farm

As I walk through the field I see the
sheep eat gracefully.
I'm having a nice day I see the sheep eat
in May.

A boy comes up to help so I have to pay.
I use sheep in the barn to make some
yarn.

I feel better on the farm.
For my mind it works like a charm.

By Jack Burleigh
Age 8



Come home from school
Pick up a hard ash hurl
But was feeling down
So I got a ball
Strike it against a rock solid wall

It comes back
As quick as a flash
My mind is happy
Now so am I!

By Niall McKay
Age 8



The colours are bright
The colours are dark.
I lift my pencil by the sparkle
As the paper flies by
I love the way it drifts my cry
Right out of my mind.
I find all my thoughts and colours combined
I hear the tapping of my pencil go by
My imagination starts to dye
With the ink on my fingertips.
They start to tingle
As my legs start to wiggle!

By Lydia Catriona Burns
Age 8



Be Happy...

...with Seaview IPS

My Happy Playlist

Come home from school
With nothing to do
Not even any homework
Brain is very foggy though.



Put on my head phones
Listen to music to calm me down
Because my brother and sister annoy me so.
The music and the rhythm make me feel happy.

By Anna
Age 9

Colours

As I draw,
A butterfly.
COLOURS AND COLOURS
in the sky.
Colours are bright
Colours are light
Colours are dark
in the night.

My colours are metallic in the
morning sunlight.
My mind was full of worry
But now its gone in a flurry.
My mind is clear as a crystal.

My butterfly flutters off the page.

By Jessica
Age 8



Cleaning in Progress

The house is a mess
What should I do ?
Let's clean up
Let's do something new.

My feelings are lost
Where should I look ?
Maybe my room ?
YES!

I found relieved!
Now let's tidy
OMG! calm is here
Next room let's find clear.

In the bathroom
I have found clear!
Next up is tidy.
It should be near.

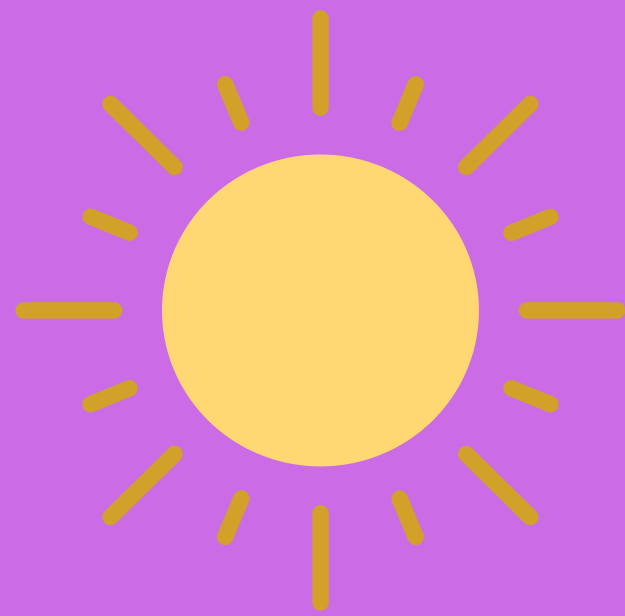
The kitchen
YAY! let's tidy
I found the last one it's
HAPPY!

By Ellie
Age 9



Be Happy...

...with Seaview IPS



A Playlist For You!!

Coming home from school.
But nothing to do.
I've opened Spotify,
and found something new.



The music bumping in my mind.
The beat shivering up my spine.
Let's make a playlist that's what to do.
Making a playlist is fun for you.

My mind energized,
looking for something new.
AHH my favourite song.
WIPTY DIPTY DO!!!!

By Aimee Petticrew :)
Age 9

A Party Playlist

Going home looking,
Sad looking,
at my phone.
What should I do?

I look at my phone,
feeling cold.
Nothing to do,
Feeling blue.

I tap on Spotify,
spot something new
now I know what
to do.

By Emma McAllister
Age 9



Music is a Heart

Music is a heart that makes me dance.
Trying my best to dab dab dab!

Expressing myself is what I do.
Expressing myself is the clue.

Tidying up is not me
but listening to music is my gig.
In the kitchen I do a jig.
Trying to keep my mum away.
But she come's in and can see

Please pick me to be in your band.
You'll probably need a hand.
Music is a heart you can listen to.
Especially when you are feeling blue!

By Eleanor Rose Watterson
Age 8

P.S. I'm cool





For the grown ups

The help hub is a section especially for the grown ups, whether at home or in school. In each issue we'll share helpful tips and good ideas. If you would like us to cover any topics in this section let us know at primarybsp.enquiries@eani.org.uk

Be Happy

Try these bitesize tips to Inspire, Challenge and Support your young people to be the best they can be.



Inspire...



Find joy in the little things...

Studies show that people who notice the small miracles in daily life and allow themselves to be touched by them, are happier. You could help your child to find joy in everyday things by noticing small everyday miracles like:

The first snowdrops



A beautiful sunset

A great book



'There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.' - Albert Einstein

Support...



Happy Chemicals

Certain actions or habits cause our bodies to produce happy chemicals.

Here are some activities that you and your children could do together to boost your mood:

Dopamine (the reward chemical) : complete a task, eat your favourite food, do an activity that you enjoy

Serotonin (the mood stabiliser) : swimming, nature walks, riding a bike

Endorphins (the pain killer) : laughter, exercising, watching funny videos

Oxytocin (the love hormone) : hugging family or friends, giving someone compliments, stroking a pet

Challenge...



I dare you!

Challenge yourself and your little people to see how many smiles you get back this week simply by smiling at others.

Moments of shared joy with others boosts our feelings of happiness.

Watching a funny movie or cartoon or playing a board game together are some great ways to share the laughter with your little ones.

Click here for this month's Action For Happiness calendar for more ideas.



Be Happy

Play



Being in nature helps to reduce stress-related hormones and makes us feel happier and calmer, even in the colder winter months! Playing outdoors allows children to develop self-confidence, independence and self-esteem. Promoting outdoor play allows them to get fresh air and explore their environment more. When children are used to playing outdoors, they are more likely to try new activities.

Grab your Wellie Boots.....

Take your child outdoors and plant a spring flower, look at the sky, discuss the shapes of the clouds and if it's wet...jump in some puddles! Children who play outside engage more of their senses by exploring the outdoors through hands-on learning and being in the natural environment.



Make a Nature Bracelet

Using Sellotape with the sticky side facing out, wrap a layer around your child's wrist. Explore your surroundings. Can you make a nature bracelet with various colours, shapes and textures? Perhaps you could add blades of grass, feathers, flower petals, leaves, small twigs.

Inspire...



Support...



Challenge...



Theraplay Informed Activities

Theraplay informed activities are play based activities designed to focus on strengthening relationships, and create a playful and caring atmosphere that fosters joyful shared experiences. These activities will involve many fun games and a shared small, healthy snack. These activities are personal, physical and fun – a natural way for everyone to experience the healing power of being together.



Structure Activity

The idea is to relieve the child of the burden of maintaining control of interactions. The child set limits, defines body boundaries, keeps the child safe, and helps to complete sequences of activities.



Stack of hands

Put your hand palm down in front of child, have the child put their hand on top; alternate hands to make a stack. Take turns moving the hand on the bottom to the top. You can also move from top to bottom. This can be made more complicated by going fast or in slow motion. Putting lotion on hands first makes for a slippery stack and adds an element of nurture. You can stack feet, forearms, folded arms, and fingers; if a child is wary of touch, stack hands with one to two inches of space between each hand or finger.

Engagement Activity

The idea is to establish and maintain a connection with the child, to focus on the child in an intense way and to surprise and entice the child into new experiences.



Toilet Paper Bust-Out

Wrap child's legs, arms, or whole body with toilet paper, paper towels, or crepe paper. To let a hesitant child know what is in store, have them hold their arms together in front of their body and wrap them first. On a signal, have child break out of wrapping.

Nurture Activity

The idea is to reinforce the message that the child is worthy of care and the adults will provide care without the child having to ask.



Cotton Ball or Feather Guess

First demonstrate by touching the child's hand with a cotton ball and a feather; ask the child to notice the difference between the two sensations. Then have child close her eyes and tell where you have touched them and whether you did it with a cotton ball or a feather. This adds challenge to a nurturing activity. If the child is not comfortable closing her eyes, have them look away instead.

Challenge Activity

The idea is to help the child feel more competent and confident by encouraging the child to take a slight risk and to accomplish an activity with adult help.



Feather Blow

You and the child each hold a small pillow in front of you. Blow a feather from your pillow toward the child's pillow. Child must catch it on their pillow and blow it back.

When We Need Support

If you are having financial difficulties during this time, there is help you can access. Here are some of the local supports that are available if you are in difficulty.



Click here

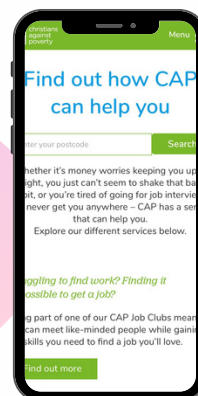
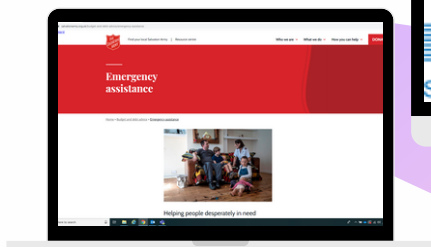
The Trussell Trust website has links to several foodbanks in Northern Ireland. They also have a dedicated Financial Crisis Helpline for families who are in financial difficulty.

The Whitehead Storehouse, located in County Antrim, provides emergency food supplies and certain other help for people who need it in the Whitehead Area.



Click here

The Salvation Army, St Vincent de Paul and Christian Against Poverty are all locally run charities that can provide assistance to families who are in financial difficulty.



Lifeline



Childline



ParentLine NI



Minding your own and your family's mental health is of paramount importance. If you are in difficulty, here are some organisations who provide immediate telephone and online support.



Click here for a link to the Department of Education's Coronavirus Guidance for Schools



For help with a bullying concern you have, click here to visit the Get Help section of the NI AntiBullying Forum website.

[Click here to keep up to date with the Public Health agency.](#)

